



Suffolk Podiatry

Buying insoles to help your foot pain

Various types of insoles are available and may help improve foot pain. Prices can vary considerably, but many effective insoles can be purchased without seeing a specialist.

Different foot conditions often benefit from different types of insoles. This leaflet provides general guidance to help you choose an appropriate product.

Check you have the best footwear and lifestyle for your feet

Before purchasing insoles, make sure you are wearing suitable footwear. Changing to a supportive trainer-style shoe is often all that is needed to improve comfort. Shoes should fit well, have a secure fastening, and provide enough room for your feet. For more information see our Footwear Advice on the Suffolk GP Federation website: <https://suffolkfed.org.uk/healthcare-services/podiatry/>

Reducing excess pressure on the feet, including through weight management where appropriate, may help improve symptoms. Feel Good Suffolk offers support for a range of lifestyle changes: <https://feelgoodsuffolk.co.uk/>

If heel pain is your main concern, you may also find it helpful to look at the Heel Pain Advice and Calf Muscle Stretching Advice on our website: <https://suffolkfed.org.uk/healthcare-services/podiatry/>

Cushioning insoles for heel pain and general foot pain



For heel cushioning, try ribbed heel cups e.g. "Tuli's" or a "sorbothane" heel pad.

If you find the heel cups slip, try the "Tuli's Cheetah" (an ankle wraps with the heel cup built-in).



For cushioning of the full length of the foot, try gel insoles, sorbothane full length insoles or something similar e.g. "Sofsole" or "X-line Pressure Perfects" (pictured here).

6mm poron cushioning insoles cushion the feet well. Can be purchased from www.shoeinsoles.co.uk or other online providers.





If you feel you need firm support for your arches, you could try insoles of the “Superfeets” or “Orthaheels” type.

Insoles for forefoot pain

Pain in the ball of the foot is often improved by wearing shoes with a secure fastening and plenty of room around the toes. Insoles that include a metatarsal pad may help reduce pressure under the ball of the foot

Metatarsal pads are teardrop-shaped pads that can help reduce pressure away from the ball of the foot. Insoles incorporating a metatarsal pad are a little harder to find but some examples are:

The “Metatarsalgia” range of insoles made by “FootActive” -



The Viva sport insoles made by “Pedagog”

It is possible to purchase metatarsal pads separately however correct positioning of these can be difficult, you may want to consider seeing a private podiatrist for this. Please also see our Forefoot Pain leaflet on our website:

<https://suffolkfed.org.uk/healthcare-services/podiatry/>

Insoles for painful big toe joints

If you can still bend your big toe joint, the pain may be helped by insoles where you can remove a section to enable the big toe joint to drop down slightly e.g. the “Vasyli Dananberg orthotic”.



If you are certain your big toe joint is completely stiff with no bend at all, then try an insole such as the “Dr Foot Pro Hallux Rigidus”

You could try purchasing a carbon fibre “morton’s extension” which will act as a splint, preventing the toe from bending and encouraging the joint to fuse. (This is best used with a shoe that has a curved sole).



For more information see our leaflet on painful toe joints:

<https://suffolkfed.org.uk/healthcare-services/podiatry/>

IMPORTANT

Insoles should make your feet feel more comfortable. If your symptoms persist despite trying suitable footwear and insoles, or if an insole makes your symptoms worse, causes pain elsewhere, or remains uncomfortable after an initial adjustment period, seek further support from a physiotherapist or private HCPC-registered podiatrist.

If the insoles are making your symptoms worse, stop using them.

We recommend that any podiatrist or physiotherapist you see privately is registered with the HCPC. You can check their membership details by going to: <https://www.hcpc-uk.org/>

For additional advice see the Royal College of Podiatry website for “common foot problems”: <https://rcpod.org.uk/common-foot-problems/> or <https://www.nhs.uk/conditions/foot-pain/>

Suffolk Podiatry
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